AYURPRANA

POSTERIOR ASPECT OF NECK AND HEAD

Sequence: Modified for the chair

1. Palming
2. Top of head to ears
3. Ear: karnapala to karnapali
4. Kapala to Shivarandra
5. Manya Mula
6. Vidhurum
7. Krikatika
8. Grieva
9. Manya Muni
10. Skanda
11. Ground down with So-Hum-3 deep breaths

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